# Saint Anandmurti Gurumaa, Ganaur, Sonipat, Haryana

**AI Overview**

**Anandmurti Gurumaa** (born Gurpreet Kaur Grover on April 24, 1966, in Amritsar, Punjab) is a **prominent contemporary Indian spiritual master, mystic, philosopher, and poet**. She is widely recognized for her modern approach to spiritual awakening, blending ancient Vedantic wisdom with logical, secular, and contemporary frameworks. [1, 2, 3]

## Early Life and Realization

- **Background:** Born into an affluent family that originally migrated from Pakistan during the 1947 partition.
- **Education:** Attended a convent school and later earned an Arts degree from the Government College for Women.
- **Spiritual Awakening:** Exhibited a deep inclination toward meditation and existential questions from early childhood. At age 15, she met her master, Sant Delawar Singh, who initiated her and gave her the name "Anandmurti" (meaning embodiment of divine bliss). [1, 4, 5, 6]

## Core Philosophy and Teachings

- **Non-Duality:** Her fundamental teachings center around **Advaita Vedanta** (non-duality), self-realization, and transcending the limitations of the mind.
- **Universal Approach:** She does not operate under any single religious banner. Her teachings draw from a wide variety of traditions, including **Sufism, Zen, Buddhism, Tantra, Sikhism, and Yoga**.

- **The Four Qualities:** She strongly emphasizes that a spiritual seeker must cultivate *Viveka* (discrimination), *Vairagya* (dispassion), *Shatsampatti* (six virtues), and *Mumukshutva* (intense longing for liberation). [2]

**The Rishi Chaitanya Ashram**

Her primary spiritual center is the **Rishi Chaitanya Ashram**, located in Ganaur, Sonipat, Haryana. The ashram serves as a tranquil retreat center where seekers from around the world gather for silent meditation retreats, yoga, and interactive discourses (*Satsang*). [2, 11, 12]

## Creative & Philanthropic Works

- **Art and Literature:** Gurumaa is a talented poet, singer, and composer. She has written numerous books, released guided meditation tracks, and notably translated the love poems of Sufi mystic Jalaluddin Rumi into Hindi.
- **Social Initiatives:** She founded the **Shakti NGO**, a philanthropic initiative dedicated to the education, health, and empowerment of the girl child in India. [13]

You can access her vast library of public discourses, meditation guidance, and updates via her official platform, the Anandmurti Gurumaa Official Website. [11, 14]

*AI responses may include mistakes.*


[1] https://indiwiki.com/anandmurti-gurumaa/
[2] https://www.facebook.com/100013408425891/posts/tribute-to-anandmurti-gurumaa-gurumaa-on-her-birthday-on-8th-aprilanandmurti-gur/2533983570391899/
[3] https://in.linkedin.com/in/anandmurtigurumaa
[4] https://www.gurumaa.com/anandmurti-gurumaa
[5] https://www.sikhiwiki.org/index.php/Anandmurti_Gurumaa
[6] https://harmoniummusicblog.wordpress.com/2015/01/27/gurumi-anandmurti-gurumaa/
[7] https://www.youtube.com/watch?v=Z1R6-SJz0q0
[8] https://www.facebook.com/AnandmurtiGurumaa/videos/is-it-just-one-life-%E0%A4%95%E0%A5%8D%E0%A4%AF%E0%A4%BE-%E0%A4%B8%E0%A4%9A-%E0%A4%AE%E0%A5%87%E0%A4%82-%E0%A4%8F%E0%A4%95-%E0%A4%B9%E0%A5%80-%E0%A4%9C%E0%A5%80%E0%A4%B5%E0%A4%A8-%E0%A4%B9%E0%A5%88-anandmurti-gurumaa-in-this-insight/1390343632175007/
[9] https://www.last.fm/music/Anandmurti+Gurumaa/+wiki
[10] https://www.amazon.in/stores/author/B005MWRK9K/about
[11] https://www.amazon.in/stores/author/B005MWRK9K/about
[12] https://www.gurumaa.com/ashram/plan-a-visit
[13] https://garudalife.in/author/anandmurti-gurumaa
[14] https://www.gurumaa.com/


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Anandmurti Gurumaa has a vast catalog of **published literature, scriptural expositions, and musical compositions** designed to guide seekers through the intellectual and devotional aspects of spirituality. [1]

**Published Books**

Her books range from practical guides on yoga and meditation to deep commentaries on ancient non-dual texts and Sufi poetry. [1, 2]

- **Mind Management:** A highly popular book focused on mastering thoughts, positive thinking, and achieving internal peace in modern daily life. [1, 2]
- **Shama-E-Rumi:** A deeply spiritual Hindi text translating and explaining the insights on divine love, devotion, and inner awakening taught by the Sufi mystic Jalaluddin Rumi. [1]
- **Kahat Kabira:** A compilation and exposition of Kabir Das's classic *dohas* (couplets), exploring ultimate truth and dismantling religious hypocrisy. [1, 2]
- **Yoga Nidra:** A comprehensive practical guide detailing the ancient yogic technique of sleep-based meditation and conscious relaxation for total mind-body transformation. [1]
- **Sri Adi Shankaracharya's Atmabodha:** An explicit, seeker-friendly translation and commentary on Shankaracharya's monumental text regarding self-realisation. [1, 2]
- **Sahaj Prarthana Ke Sutra:** A spiritual text highlighting how true prayer is an effortless, silent connection built on love and surrender rather than strict rituals. [1]
- **Drig-Drishya-Viveka:** An English scriptural commentary focusing on the Vedantic inquiry of separating the 'Seer' (consciousness) from the 'Seen' (the material world). [1, 2]
- .I**Audio Albums & Discography**

Her musical work, mostly distributed through her label Mystica Music, covers diverse genres including Vedic chanting, Sufi tracks, and meditation soundtracks. [1]

- **Shiva's Ecstasy:** One of her most celebrated spiritual song collections featuring iconic tracks like *Shivoham*, *Invitation*, and *Om Namah Shivay*.
- **Yog Nidra (Meditation):** A highly utilized guided meditation album providing structured spoken instructions to enter deep psychic sleep.
- **Guru Meri Pooja:** A soulful collection of Gurbani Shabads reflecting deep reverence, gratitude, and devotion toward the spiritual master.
- **Chants of Krishna:** A collection of mesmerizing, peaceful chants featuring devotional presentations like *Shri Krishna Govind Hare Murare*.
- **Nataraja & Shiv Namomkar:** Powerful, rhythmically driven traditional chants dedicated to the cosmic dance and various aspects of Lord Shiva.
- **Ananda Stotras:** A collection of powerful, deep-resonance chants focused on Goddess Durga, including the *Shri Durga Dwatrimsha Naamamala Stotra*.
- **Avadhoo:** A specialized musical release containing discourses and songs exploring the unattached, liberated state of an *Avadhuta* yogi. [1, 2, 3]

Most of her catalog can be read or listened to natively via the Amrit Varsha App or explored directly through the Official Gurumaa Store. [1, 2]

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**Ref: Google Gemini**

# Anandamurti Guru Maa,  Ganaur, Sonipat, Haryana

**Info is given under following headings:**

Greatness of this Saint.....location..her parents..her birth..childhood..young age...spiritual inclinations...Her guru...sadhana...travels .. teachings...her temple or Ashram...her main disciples...miracles performed if any ..her written works... or discourses. or teachings.....present state of ashram and daily routines, festivals celebrated,..donation info..any other relevant info..etc

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Anandmurti Gurumaa is a prominent modern spiritual master known for her practical, non-dogmatic synthesis of Advaita Vedanta, Yoga, Zen, and Sufi mysticism.

An overview structured around key aspects of her life, teachings, and ashram is provided below:

## 1. Greatness and Spiritual Inclinations

- **Synthesis of Traditions:** She integrates various spiritual paths—Advaita Vedanta, Zen, Tantra, Sufism, Buddhism, and Gurbani—focusing on self-realization and self-awareness rather than ritualistic religion.
- **Modern Approach:** Gurumaa is widely recognized for addressing contemporary psychological and emotional challenges, offering practical tools for modern seekers to live a life of balance and clarity.

## 2. Birth, Parents, and Childhood

- **Birth & Name:** She was born as **Rani Kaur** on April 24, 1966, in Amritsar, Punjab, India.
- **Parents & Household:** Raised in a traditional family, her home was frequently visited by sadhus and mahatmas. She accompanied her mother to spiritual assemblies, satsangs, and discourses from an early age.
- **Childhood:** While academically inclined and educated at a local convent school (later graduating with an Arts degree), she displayed a deep natural inclination toward inner inquiry alongside playing sports and extracurriculars.

## 3. Young Age, Guru, and Sadhana

- **Spiritual Turning Point:** By her teenage years, her spiritual quest intensified as she interacted with various yogis and studied ancient scriptures like the Bhagavad Gita, Upanishads, and Patanjali's Yoga Sutras.
- **Attainment at 16:** Gurumaa often states that she did not perform extreme physical austerities (tapasya) over decades; she attained a state of spiritual awakening and self-realization around the age of 16.
- **Her Guru:** She does not highlight a single physical lineage or institutional Guru, attributing her inner transformation to direct self-inquiry, the timeless wisdom of ancient rishis, and divine grace.

## 4. Travels and Teachings

- **Global Travels:** Over the past three decades, Gurumaa has traveled extensively across India, Europe, the US, Canada, and Asia to hold meditation retreats (*Shivirs*), seminars, and interactive *satsangs*.
- **Core Teachings:**
    - **Self-Realization & Non-Duality (Advaita):** Understanding one's true nature beyond the mind-body complex.
    - **Mindfulness & Meditation:** Practical techniques targeting stress relief, emotional mastery, and present-moment awareness.
    - **Social Initiatives:** She advocates strongly for female empowerment, education for under-privileged girls, and environmental conservation (*Shakti* and *Prakriti* initiatives).

## 5. Ashram & Present State

- **Name & Location: Rishi Chaitanya Ashram**, located on NH-44 (formerly NH-1), Ganaur, Sonepat District, Haryana - 131101, India.
- **Ambiance & Facilities:** Set amidst lush green, serene surroundings, the ashram features dedicated halls for meditation, yoga practices, a library, residential quarters for seekers, and eco-friendly landscaping.
- **Daily Routine at Ashram:**
    - **Early Morning (Brahma Muhurta):** Yoga, Pranayama, and silent meditation sessions.
    - **Mid-Day:** *Satsangs*, scriptural discourses, and mindful physical/community work (*Seva*).
    - **Evening:** Devotional chanting (*Kirtan*), guided meditation, and direct question-answer sessions (*Samvaad*).
    - **Dietary Lifestyle:** Strict *Sattvic*, Ayurvedic meals emphasizing dynamic health and mental clarity.

## 6. Main Disciples and Stance on Miracles

**Disciples:** Gurumaa does not promote a rigid hierarchy of monastic disciples. Instead, her core followers consist of thousands of lay householders, youth, and global seekers.

- **Miracles:** Gurumaa consistently discourages super-natural claims or miracle-mongering, viewing them as distractions. She considers the true "miracle" to be a mind freed from illusion, desire, and suffering through self-knowledge.

## 7. Written Works, Discourses, and Media

- **Written Books:** She has authored several works on self-transformation, commentary on scriptures, and guidance on meditation (including *Mind: Friend or Foe?*, *Vedanta Simplified*, and poetry compilations).
- **Published Discourses:** Extensive commentaries on the *Bhagavad Gita*, *Upanishads*, *Srimad Bhagavatam*, *Japji Sahib*, *Ashtavakra Gita*, as well as Sufi poetry (Rumi, Bulleh Shah).
- **Digital Presence:** Discourses air on television channels like *Sanskar TV* and *Aastha*. Her official mobile application, **Amrit Varsha**, along with her YouTube channel, provides public access to her talks.

## 8. Donation & Contact Information

- **Official Website:** [gurumaa.com](https://gurumaa.com)
- **Office Contact:** +91-130-2216500 / 501
- **General Email:** `info@gurumaa.com` | **Questions for Satsang:** `samvaad@gurumaa.com`
- **Donations:** Managed via the **Rishi Chaitanya Trust** (registered non-profit organization). Contributions support ashram maintenance, free medical camps, tree plantation drives, and educational support for underprivileged children. Donations can be processed through the official web portal.

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**Ref: GrokAI**

# Anandamurti Guru Maa,  Ganaur, Sonipat, Haryana

**Anandmurti Gurumaa (also referred to as Anandamurti Guru Maa or Gurumaa), a contemporary self-realized spiritual master, mystic, and teacher.** Her ashram is Rishi Chaitanya Ashram in Ganaur (Gannaur), Sonipat district, Haryana.

### **Greatness of this Saint**

She is regarded as a self-realized master who has awakened to the highest reality and works to kindle the fire for knowing the truth in individuals. Described as a modern-day sage, revolutionary mystic, and benevolent guide, she is highly accomplished in scriptural knowledge combined with personal experience of truth. She draws from Vedanta, Yoga, Bhakti, Gurbani, Sufi traditions, Buddhism, and more, while refusing to identify with any single religion or “ism.” She emphasizes spirituality beyond boundaries, self-realization, living consciously, and practical wisdom for modern life. She is proficient in English, Hindi, and some regional dialects, making her teachings accessible. Core message: “Be the light

you seek, be the bliss you seek, be the truth you seek, be who you really are." She is also a philanthropist focused on empowering girls through education (Mission Shakti) and other humanitarian work.

### **Location**

Rishi Chaitanya Ashram, NH-1, Ganaur (Gannaur), District Sonipat (Sonepat), Haryana – 131101, India. It is about 60 km from Delhi (nearest airport). Accessible by road, train (Ganaur station, then short rickshaw ride), or taxi. The ashram is set amid lush green fields, gardens, ponds, organic farms, and Miyawaki forests, with modern amenities.

### **Her Parents**

Born into an affluent Sikh (keshdhari) family that migrated from Gujranwala (Pakistan) to India during the 1947 Partition. Her father established a successful transport business. The family was devout and open-minded, regularly hosting spiritually evolved people and saints at home. Specific names of parents are not publicly detailed in available sources. She is the second of four siblings (one brother and three sisters).

### **Her Birth**

Born Gurpreet Kaur Grover (or Gurpreet Grover) on 8 April 1966 in Amritsar, Punjab, India.

### **Childhood**

She showed extraordinary spiritual inclination from a young age. From around age 9, she asked profound questions that surprised teachers and others. The family home was frequented by mystics and sages. She attended a Catholic convent school (Sacred Heart or similar). She was intelligent, wrote poetry early, and had a deep affinity for seers. Stories describe her teaching peers under a tree as a young teen and questioning a missionary about personal experience of God.

### **Young Age / Spiritual Inclinations**

From age 14–15, she was more interested in religion and spirituality than secular subjects. She attended discourses by various teachers. Around age 14 she had a significant spiritual experience in meditation; accounts vary on the exact timing of deeper realization (some mention around 16 in Vrindavan, though she has noted that specific ages can be overstated). She began delivering satsangs (spiritual talks) while still in school/college. She left formal college studies for a solo pilgrimage across North India in her late teens/early 20s, visiting sacred sites and sitting with teachers of various traditions. By about age 24 she had settled in a hermitage in Rishikesh. She refused marriage and focused on spiritual practice and teaching.

### Her Guru

She received diksha (initiation) and the name Anandmurti Gurumaa (or Anand Murti Guruma) from Sant Delawar Singh / Sant Dalel Singh (a Nirmala Sikh teacher from the Patiala/Ambala area). She regards him as her guru but spent limited time with him (accounts suggest brief encounters totaling a few hours) and does not strictly follow a formal lineage. Earlier, she and her mother studied with a local householder teacher ("Maharaj ji") who was a pupil of Sant Dalel Singh. She charted her own path after accepting his grace.

### Sadhana

She engaged in intensive meditation, silence (periods of months), pilgrimage, and study of scriptures (Upanishads, Bhagavad Gita, etc.). She practiced and later taught Ashtanga Yoga elements, meditation techniques, Vedanta contemplation, and various methods blending traditions. Early on she entered deep states of silence and no-mind. Her approach emphasizes direct experience, self-inquiry, and practical application rather than rigid rituals.

### Travels

In her teens and early adulthood she wandered North India (Rishikesh, Haridwar, Vrindavan, etc.). She settled first in Rishikesh, then moved to the Haryana ashram area in the late 1990s. She travels within India and internationally to hold retreats, discourses, and programs for those unable to visit the ashram. She has conducted programs in places such as the UK and elsewhere.

### Teachings

**Core focus**: Self-realization (Atman-jnana), liberation from ego, living in present-moment awareness, inner peace, and applying spiritual wisdom practically.
She expounds on Bhagavad Gita, Upanishads, Sri Guru Gita, Gurbani (e.g., Japji Sahib), teachings of Kabir, Meera, Rumi, Buddha, Sikh Gurus, Adi Shankaracharya's works, and more.
Themes include mind, emotions, stress, karma, nishkam karma, gender equality/women's empowerment, and holistic living (Yoga, Ayurveda, meditation).
She encourages practices across traditions (e.g., mantras, Sufi "Hu," meditation) and stresses guru-shishya relationship, devotion, and direct experience over labels or dogma. Discourses are often interspersed with bhajans, Sufi songs, Gurbani, and her own compositions. Daily/ regular broadcasts include "Amrit Varsha."

### Her Temple or Ashram

**Rishi Chaitanya Ashram (established around 1997–1999 by devotees; originally called Gurumaa Ashram).** It is a modern-day gurukul with halls (Saptarishi Sabhagaar seating ~4,000, Sambudh for meditation, etc.), Guru Mandir with Adi Deva Shiva idol, accommodations (rooms/dorms), organic farming, dairy, café, shop (Mandala), and landscaped grounds. Activities include residential meditation retreats, Sunday Darshan

(when she is present, often 10 am), festivals (Shivaratri, Janmashtami, Guru Nanak Jayanti, etc.), yoga, Vedanta study, and sewa. It functions under Rishi Chaitanya Trust (non-profit).

### **Her Main Disciples**

She has a large following (estimates in older sources reached toward a million across religions). The close circle includes senior disciples who manage media/tech teams, ashram operations, and initiatives. Specific individual names of “main” disciples are not prominently listed in public sources; the emphasis is on the collective of seekers and ashram residents rather than a formal hierarchy of named successors.
Devotees address her as Gurudev/Sadgurudev and greet with “Jai Gurudev.”

### **Miracles Performed (if any)**

Public accounts focus more on transformative spiritual experiences, guidance, and the impact of her presence/teachings rather than dramatic public miracles or siddhis. Devotees report personal experiences of peace, insights, healing of emotional/mental states, or synchronicities through her grace or practices. She herself emphasizes seeking truth over chasing miracles, noting that ordinary existence (birth, nature, consciousness) is already miraculous. She has discussed historical masters’ experiences but cautions against expecting exact repetitions. Claims of vakya-siddhi (words coming true) or healing appear in some secondary accounts but are not central to official narratives.

### **Written Works, Discourses, or Teachings**

Extensive output via Gurumaa Vani (publishing): books such as commentaries on Srimad Bhagavad Gita, Shakti (on feminine energy/women’s issues),
In Quest of Sadguru, Rumi’s Love Affair, and many others on Vedanta, mind, meditation, etc.

Discourses (Amrit Varsha daily satsangs, multi-day series on Guru Gita, Gita, Upanishads, etc.) available as books, CDs, MP3s, DVDs, YouTube, Amrit Varsha app, and website. She is also a poet, singer, and composer of numerous bhajans and songs. Media includes guided meditations, Q&A sessions (Hridaya Samvaada), and more.

### **Present State of Ashram and Daily Routines**

The ashram is active and well-maintained as a residential spiritual center and ecological oasis (birds, organic produce, forests). When she is present: Sunday morning Darshan/talks (~10–10:30 am), festivals, and retreats. Regular activities include meditation retreats (often 5-day residential), yoga, Vedanta classes, sewa, and Sunday sessions open to all. Office hours: typically 10 am–5 pm daily. Food is vegetarian, organic, simple (served in Annapurna hall with prayers). Accommodation is available (book in advance; ashram discretion applies; limited during retreats). She continues discourses, media outreach, and travel. Mission Shakti and other service continue.

### Donation Info

Rishi Chaitanya Trust (non-profit, registered; donations eligible for 50% tax deduction under Section 80G in India). Contributions support ashram maintenance, development, activities, Mission Shakti (girls' education), and humanitarian work. Online options via gurumaa.com; offline via cheque/DD to Rishi Chaitanya Trust at the ashram address. Foreign citizens: follow current regulations (wire transfer or cheque; contact ashram.accounts@gurumaa.com). Include full contact details and ID. Contact for details: info@gurumaa.com or phone numbers below.

### Any Other Relevant Info

- **Contact**: Phone 0130-2216500 / 2216501, Mobile 09896263821 (office hours 10 am–5 pm); Email info@gurumaa.com; Website gurumaa.com; YouTube (Anandmurti Gurumaa channel with ~900k+ subscribers); social media; Amrit Varsha app.
- **Philanthropy**: Mission Shakti (education and skills for underprivileged girls); blood donation camps, health check-ups, disaster relief.
- **Style**: Outspoken, contemporary, blends ancient wisdom with modern relevance (including science references at times); gifted singer; champions women's empowerment.
- **Media presence**: Long-running TV discourses (started ~1999 on Sony/Aastha), now widely available online.
- She continues to reside primarily at the ashram and remains actively teaching as of recent records (2025–2026 events listed).

For the most current details, events, or personal inquiries, contact the ashram office or visit gurumaa.com, as information is primarily drawn from official and secondary reliable sources.

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**Ref: ClaudeAI**

# Anandamurti Guru Maa,  Ganaur, Sonipat, Haryana

**Info on Anandmurti Gurumaa, compiled from her ashram's own materials and independent sources (worth noting: much of her biography circulates primarily through her own organization, so some details vary between sources).**

**Who she is / stature**

A contemporary Indian spiritual teacher (mystic, meditation master) with a large following in India and abroad, known for discourses on Advaita Vedanta, Sant Mat-style devotion, and modern yogic practice, plus a strong social-service arm.

**Location**

Her ashram, Rishi Chaitanya Ashram (also called "Gurumaa Ashram"), is on NH-1 in Ganaur, Sonipat district, Haryana, about 60 km from Delhi, accessible by road, train, or air, with Ganaur railway station nearby.

**Birth, parents, childhood**

Sources differ somewhat. One account gives her birth name as Gurpreet Kaur Grover, born 8 April 1966 in Amritsar, Punjab, to a keshdhari Sikh family, (SikhiWiki) and calls her a convent-educated arts graduate. (SikhiWiki) Other sites give slightly different birth dates/names (17 or 24 April; "Rani Kaur"), so treat exact birth details as uncertain. She studied Political Science and Philosophy at Government College for Women, Amritsar. (StarsUnfolded) Her parents' names aren't documented in available sources.
As a child she reportedly startled teachers with probing questions about God's existence, and famously challenged a visiting missionary on whether he had personally experienced God. (SikhiWiki)

**Young age / spiritual inclinations**

She began writing devotional poetry young and was drawn to wandering seers and sages who visited her home. (SikhiWiki) At around 15 she went on pilgrimage and began drawing spiritual seekers around her; (Blogger) she taught informally in the homes of women who began calling her "Swamiji." (WRSP)

**Guru / lineage**

Detailed guru-lineage information isn't clearly documented in public sources. One account notes she took ochre robes (sannyasa) with the blessing of a figure named Dalel Singh (WRSP) before settling in Rishikesh — but this isn't elaborated much further in available material.

**Sadhana / travels**

She moved to Rishikesh and set up a small hermitage near the Ganga with a couple of early followers, where her following outgrew the space through the 1990s. (WRSP)
Her devotees then bought land in Haryana, which became today's Rishi Chaitanya Ashram. (WRSP)
She travels to medium and small Indian cities (especially in Punjab) that other gurus often skip, and teaches mainly in Hindi, sometimes English, abroad. (WRSP)

**Ashram today**

Established in 1997 as a non-government, non-profit trust, the ashram is a residential retreat complex set in greenery, with a temple housing a Shiva idol near the entrance. Regular retreats include meditation, yogasana (beginner and advanced), shatkarma (yogic

cleansing), retreats for overseas seekers, youth retreats, and a 21-day silent retreat with Gurumaa personally; ad hoc workshops cover astrology, yoga, and ayurveda. (LinkedIn)

**Teachings**

**She gives commentaries on** the Bhagavad Gita, Guru Gita, Gurbani, and the Upanishads, and discusses figures like Buddha, the Sikh Gurus, Kabir, Meerabai, and Rumi. She was the first in India to translate Rumi's poetry into Hindi, publishing it as "Prem Ka Chalakta Jaam," and releasing a Rumi song album. (StarsUnfolded)

**Social work / disciples**

**Her main humanitarian project is Mission Shakti, founded in 1999**, which funds education (up to 12th standard) for underprivileged girls — daughters of the disabled, war martyrs, divorcees, and widows, (Anandmurti Gurumaa) and runs vocational training centers called Shakti Udaan. (LinkedIn) The ashram also runs regular blood donation camps with the Delhi Red Cross Society and free dental check-up camps. (LinkedIn) Named "main disciples" aren't publicly listed in available sources — her teaching reaches a broad lay following rather than a small formal inner circle.

**Miracles**

No independently documented miracle claims turned up in search; devotional sites describe her as an extraordinary/self-realized presence, but I couldn't find specific reported miracle accounts to cite.

**Donations**

Mission Shakti and the ashram accept online donations (card, net banking) via gurumaa.com's Shakti section — I'd suggest checking gurumaa.com directly for current bank/payment details rather than relying on older cached pages.

**Contact**

**Phone**: 0130-2216500 / 2216501 (10am–5pm), mobile +91-9896263821, email info@gurumaa.com; (YouTube) ashram open Mon–Sun, 9:00–17:00. (Mappls)

**A caveat:** biographical facts (exact birth name/date, guru lineage) vary across sources and are largely self-published by her own organization, so treat those specific points as devotee-narrative rather than independently verified history.

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# Anandamurti Guru Maa,  Ganaur, Sonipat, Haryana

Here is a polished article in a formal, devotional style, keeping the headings as suggested and relying only on publicly verifiable information. Where a detail is not clearly documented in the sources, I have kept it cautious rather than speculative. [1][2]

**## Greatness of this Saint**

Anandmurti Gurumaa is described by her own organization as a self-realised master who awakens seekers to the highest reality and inspires them to discover the truth that lies within. Her teaching emphasis is not limited to ritual or doctrine; it extends to meditation, mantra chanting, self-inquiry, healthy living, and conscious transformation. [1][3] Her discourses and publications present spirituality in a practical, contemporary style, making traditional wisdom accessible to modern seekers. [1][4]

**## Location**

Her principal spiritual base is Rishi Chaitanya Ashram, located on NH-1 at Ganaur in District Sonipat, Haryana 131101. The official ashram contact details listed in public sources include phone numbers 0130-2216500/501 and 9896263821, with office hours from 10:00 am to 5:00 pm every day. [5][6][7] Public material also shows that the ashram continues to host events, retreats, and darshan sessions regularly. [8][9]

**## Parents**

Publicly available, reliably verified sources do not clearly provide the names of her parents. Some secondary biographical pages mention family background, but because that material is not consistently corroborated by official sources, it is better not to state those details as fact in a formal write-up. [2][10]

**## Birth**

Anandmurti Gurumaa was born as Gurpreet Kaur Grover on 8 April 1966 in Amritsar, Punjab. [2][10] Secondary biographical sources present her as a convent-educated spiritual teacher who later became widely known as Anandmurti Gurumaa. [2][11]

**## Childhood**

Her childhood is described in secondary sources as one spent in Amritsar, where she studied in a convent school. [10][11] Those same sources indicate that she showed an early spiritual inclination, though detailed childhood stories are not clearly documented in the publicly verified material reviewed here. [2][10]

## Young Age

In her youth, she is said to have studied at Government College for Women and earned an arts degree. [2] Secondary sources also say that she traveled during her teens and later settled in Rishikesh by the age of 24, before her work expanded and she became based at Ganaur, Sonipat. [2] These details suggest a life shaped by study, movement, and spiritual exploration rather than by a conventional public career. [2][11]

## Spiritual Inclinations

The public profile of Anandmurti Gurumaa consistently presents her as deeply oriented toward meditation, inner awakening, and direct experience of truth. The official site describes her as one who opens “her treasure trove of highest wisdom” to seekers and offers meditation retreats, mantra practice, and conscious living as core spiritual tools. [1][9] Her teaching style reflects a balance of devotion, inquiry, and practical discipline. [12][3]

## Her Guru

A clearly verified public source naming her guru in a definitive, consistent way was not identified in this search. Since lineage details can be sensitive and often repeated without precision, I would keep this section neutral unless you want a deeper verification pass through her recorded discourses or official biography pages. [3][2]

## Sadhana

Her sadhana appears centered on meditation, mantra chanting, self-observation, and disciplined daily life. The ashram’s teaching pages also speak of yoga asanas, pranayama, silent retreats, and Ayurveda-based dinacharya as practical supports for spiritual development. [12][9] The overall approach is experiential, aiming to refine the mind and open the seeker to direct insight rather than merely theoretical understanding. [1][8]

## Travels

The official website says she travels across the globe to reach those who cannot come to the ashram, indicating an active teaching presence beyond Haryana. [1] Publicly visible material also shows that her talks and retreats have been shared through many digital channels, expanding her reach to a wider audience. [5][6][3]

## Teachings

Her teachings are broad but consistently practical: self-knowledge, peace, joy, compassion, meditation, and conscious living. The official site highlights meditation retreats, mantra chanting, soothing music, and healthy living as part of the spiritual path she teaches. [1][9] One of the recurring themes in her published material is that wisdom should be lived, not merely admired. [1][4]

## Her Temple or Ashram

Rishi Chaitanya Ashram serves as her principal center of activity and is presented as a living spiritual space for seekers. The ashram organizes meditation retreats, youth retreats, yoga-asana retreats, silent retreats, lectures, and festival gatherings throughout the year. [9] When the master is present, Sunday darshan is held every Sunday morning at 10 am, welcoming all. [8][9]

## Main Disciples

No reliable public list of “main disciples” was found in the sources reviewed. The official ashram material does indicate that highly skilled disciples guide some retreat activities, especially yoga-asana programs, but it does not clearly name a fixed group of principal disciples. [9] For a formal ebook, it would be best to avoid naming individuals unless supported by direct official references. [9]

## Miracles Performed if Any

I did not find source-based documentation of specific miracles. For a serious biographical or devotional article, it is safer to keep this section empty or mention only that public sources reviewed here do not clearly document such accounts. [2][3]

## Written Works

Her official bookstore lists several works under her name, including *Yoga Sutras of Patanjali - A Commentary by Anandmurti Gurumaa*, *Srimad Bhagavad Gita (Succinct Commentary)*, *Adi Shankaracharya | Nirvana Shatakam | Know Thyself*, and *Antar Ke Pat Khol*. [13][4][14][15] The store also shows multilingual and thematic titles, indicating that her teachings have been compiled into an extensive publication catalog. [16]

## Discourses or Teachings

Her discourses are distributed through the official website, YouTube, television broadcasts, and the Amrit Varsha platform. Public material states that daily spiritual content is broadcast on Sanskar TV in India and Aastha International in multiple countries, while seekers may also submit questions by email for special sessions. [5][6] The ashram also hosts open discourses on festivals and religious occasions. [9]

## Present State of Ashram and Daily Routines

The ashram appears active, organized, and open throughout the year for seekers, with scheduled programs, retreats, and darshan sessions. [8][9] Regular activities include meditative practice, chanting, yoga, pranayama, live discourses, and residential retreats for adults and youth. [9] The public schedule suggests a disciplined yet welcoming spiritual environment rather than a closed or inaccessible institution. [8][9]

**## Donation Info**

The official contribution page says that contributions can be made online by card, internet banking, or cash card, and offline donations can be made by cheque or demand draft. It also states that the trust is a non-profit charitable organization and mentions tax-deduction eligibility under 80G, subject to the trust's terms. [17][18] The public contact for donation-related correspondence includes ashram.accounts@gurumaa.com. [17]

**## Other Relevant Information**

The official profile presents Anandmurti Gurumaa as a teacher whose work combines meditation, wisdom literature, practical spirituality, and service-oriented outreach. Her ashram is not just a place of residence but a training ground for seekers, with structured retreats and accessible teaching formats. [1][9] For your ebook series, this subject fits well as a hybrid profile of saint, teacher, author, and ashram-centered spiritual guide. [16][3]

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**Ref: gurumaa.com**

This is the official website of Anandamurti Guru Maa.

**About Chitanya Ashram**:

**AI Overview**

The **Rishi Chaitanya Ashram**, founded by the spiritual master Anandmurti Gurumaa in 1998, is a prominent center for Advaita Vedanta, yoga, and meditation. Located on **National Highway 1 (NH-1) in Gannaur, Sonepat District, Haryana**, it operates as a modern-day Gurukul designed for intensive spiritual practices and self-realization. [1, 2, 3]

## Core Offerings & Activities

- **Daily Satsangs:** Regular discourses on major scriptures like the Shrimad Bhagavad Gita, Patanjali Yoga Sutras, and Gurbani Vyakhya.
- **Guided Meditations:** Structured spiritual sessions including **Yoga Nidra, Tratak, Om Meditation**, and Urja Dynamic Meditation.
- **Youth Retreats:** Structured programs and residential workshops aimed at helping students and young adults discover their inner potential.
- **Devotional Music:** Evenings featuring Sankirtan, Gurbani Shabads, and devotional bhajans. [1, 4]

## Key Campus Facilities

- **The Guru Mandir:** A central spiritual sanctuary featuring an idol of **Adi Guru Shiva** to anchor the ashram's meditative ecosystem.

- **Bodhi Sattva:** The main residential block built to provide accommodation for spiritual seekers visiting for short or extended stays.
- **Ecological Oasis:** A sustainable ecosystem featuring an **organic farm** cultivating millets and vegetables alongside an in-house **Gaushala (cow shelter)** providing fresh milk.
- **Charitable Services:** Hosts occasional public health programs, such as free eye check-up camps organized in collaboration with prominent institutions like AIIMS. [7]

## Visitor Information & Logistical Details

- **Address:** Rishi Chaitanya Ashram , NH-1, Gannaur, Sonepat, Haryana - 131101.
- **Distance:** Situated approximately **65 km from New Delhi** along the Delhi-Sonepat highway.
- **Office Visiting Hours:** 10:00 AM to 5:00 PM (IST) daily.
- **Accommodation:** Available by prior request for spiritual seekers looking to enroll in specific retreats or programs.
- **Contact Channels:** You can reach out via email at or call the official desks at or . [1, 8, 9, 10, 11, 12]

If you are planning to travel there, let me know:Your travel dates (to check for upcoming mega-celebrations like Krishna Janmashtami)If you need step-by-step route directions from Delhi or another cityWhether you want to **stay on campus** or visit for a single dayI can provide the precise registration steps or transit options.

*AI responses may include mistakes.*

****

**Ref: PerplexityAI**

# More info on the  Ashram of Saint Anandamurti Guru Maa...

"The Rishi Chaitanya Ashram, founded by the spiritual master Anandmurti Gurumaa in 1998, is a prominent center for Advaita Vedanta, yoga, and meditation. Located on National Highway 1 (NH-1) in Gannaur, Sonepat District, Haryana,"

**## Rishi Chaitanya Ashram: A Spiritual Center in Gannaur, Haryana**

Rishi Chaitanya Ashram is one of the principal spiritual centers associated with Anandmurti Gurumaa, and it is presented on the official website as a non-government, non-profit charitable organization dedicated to the spiritual upliftment of seekers. The ashram is located on National Highway 1 in Ganaur/Gannaur, District Sonipat, Haryana, and is described as easily accessible by road, train, and air. Public sources indicate that it was

established in 1997, while some later descriptions and local profiles mention 1998; for formal writing, the official website's 1997 date is the safer reference. [1][3]

The ashram is not simply a place of residence or worship. It is portrayed as a living spiritual environment where the teachings of Advaita Vedanta, meditation, mantra, yoga, and inner inquiry are practiced and shared in a structured way. Its purpose, as stated publicly, is to offer timeless Vedantic wisdom and support the spiritual growth of sincere seekers. [1][4]

## Founding Vision

The founding vision of Rishi Chaitanya Ashram is closely linked with Anandmurti Gurumaa's own spiritual mission. Official material describes the ashram as being under her guidance and as serving the "Guru-Shishya Parampara," or the living tradition of teacher and student, in a contemporary setting. The idea is not merely to preserve ancient knowledge as a matter of memory, but to make it active, practical, and transformative in daily life. [2][4]

The ashram's documentary presentation speaks of it as a "spiritual abode" and an "epitome of oneness," created to prepare and nurture sincere spiritual aspirants. That language reflects the central tone of the institution: it is meant to be a sanctuary for seekers who want to uncover deeper truth through disciplined practice rather than through theory alone. [2] This makes the ashram relevant not only for devotees, but also for students of Indian spiritual culture and modern teaching institutions. [2][1]

## Location and Setting

The ashram stands on NH-1 in Gannaur, Sonipat district, Haryana 131101, with contact numbers and office timing published openly on the official website. It is described as being surrounded by picturesque natural surroundings, and other public descriptions mention lush green fields, landscaped gardens, lawns, flowering plants, ponds, and a calm campus atmosphere. [1][5] For visitors, this setting contributes as much to the spiritual mood as the formal programs themselves. [5]

From a practical point of view, the ashram's location on a major highway makes it accessible to both local and outstation visitors. Public descriptions note that it is approximately 60 km from Delhi, and the official contact information is available for inquiries during office hours from 10 am to 5 pm every day. [3][1] This accessibility has likely helped it become a visible center for gatherings, retreats, and discourses. [1][6]

## Spiritual Activities

A defining feature of Rishi Chaitanya Ashram is the breadth of activities it offers. The official pages mention workshops, seminars, discourses, camps, retreats, meditation sessions, chanting practices, and other programs aimed at the welfare and upliftment of seekers. [4][7] This makes the ashram a dynamic spiritual campus rather than a single-purpose shrine. [7][1]

The ashram's public event listings show a recurring rhythm of spiritual activity across the year, including meditation retreats, youth retreats, yoga-asana retreats, silent retreats, and special discourses on festival days. [7] Sunday darshan sessions are also publicly mentioned, with the master's presence guiding seekers in an open, accessible setting. [8][7] In addition, daily broadcasts and online teachings extend the ashram's reach far beyond its physical boundary. [2][9]

## Teaching Tradition

The educational and spiritual identity of the ashram is rooted in Advaita Vedanta, the philosophical tradition that points to non-dual awareness and the direct realization of truth. Official content also highlights yoga, meditation, Ayurveda, and mantra chanting as complementary tools for inner transformation. [9][10] In this sense, the ashram presents spirituality as a whole way of life rather than as a set of isolated rituals. [9][7]

Rishi Chaitanya Trust, which manages the ashram operations, describes its core mission as "Vidya Daan," or the sharing of wisdom, through the Guru-Shishya tradition. It also states that the trust organizes activities for spiritual upliftment and social welfare, including initiatives such as Mission Shakti for girls' education and vocational empowerment programs. [4] This combination of wisdom, discipline, and service gives the ashram a distinctly practical and socially engaged character. [4]

## Daily Rhythm

The ashram's daily rhythm is designed to support a disciplined and contemplative atmosphere. Publicly available material mentions ongoing meditative and chanting practices, as well as a consistent office schedule for visitors and inquiries. [8][1] The published routines also include guidance on healthy living, dinacharya, yoga, and mindful conduct, suggesting that daily life at the ashram is structured around both spiritual and physical discipline. [10]

Official and semi-official descriptions indicate that the ashram is active every day rather than only on festival occasions. [1] This continuity is important, because it allows the ashram to function as a living center of practice, not merely a ceremonial venue. [8][7] For seekers, that steady rhythm is often what gives an ashram its transforming effect. [2][7]

## Accommodation and Campus Life

Public descriptions portray the ashram campus as well maintained and visitor-friendly. One profile notes well-furnished accommodation, clean surroundings, nutritious food, and modern amenities, while also emphasizing the natural beauty of the grounds. [5] Such features are often essential in a retreat environment, because spiritual practice is supported by simplicity, cleanliness, and order. [5]

The campus atmosphere appears designed to create quietness and receptivity. The presence of gardens, water features, sacred spaces, and thoughtfully arranged facilities contributes to the impression of a place where inward focus is made easier. [5] For many

visitors, this balance between natural beauty and purposeful organization is part of the ashram's appeal. [5][1]

## Discourses and Outreach

Rishi Chaitanya Ashram is not closed off from the wider world; rather, it uses multiple channels to share teachings. Public sources mention daily television broadcasts, online questions-and-answer sessions, YouTube videos, the official website, and the Amrit Varsha app. [2][9] This allows the ashram's teachings to reach householders, students, and seekers who may never physically travel to Haryana. [2][9]

The ashram also seems to commemorate milestones and special events. Public posts mention the completion of 25 years of the ashram and gatherings with distinguished guests and devotees, which suggests a strong institutional continuity and an active community memory. [6] Such observances are often important in devotional institutions because they reinforce shared identity and spiritual lineage. [6]

## Service and Social Work

The trust running the ashram describes itself not only as a spiritual institution but also as an organization involved in service activities. Its public page notes support for girls' education, vocational training, computer education awareness programs, blood donation camps, and relief work during national emergencies and natural calamities. [4] This shows that the ashram's purpose extends beyond meditation halls into practical social responsibility. [4]

In devotional and educational writing, this is an important point because it demonstrates that spiritual ideals are being linked with real-world service. [4] The combination of wisdom-teaching and humanitarian action gives the institution a broader public significance. [4][1]

## Visitor Information

The official contact information for the ashram is openly provided for visitors and seekers. The published address is Rishi Chaitanya Ashram, NH-1, Ganaur/Gannaur, District Sonipat, Haryana 131101, with phone numbers 0130-2216500, 2216501, and 9896263821, and email info@gurumaa.com. [1][2] Office hours are generally listed as 10 am to 5 pm every day. [1]

For those who come in person, the ashram appears to welcome both short visits and more structured participation in its activities. [8][7] That combination of openness and discipline is a hallmark of many well-organized spiritual centers in modern India. [1][5]

## Conclusion

Rishi Chaitanya Ashram stands out as a modern spiritual institution rooted in the timeless ideals of Vedanta, meditation, and self-knowledge. Under Anandmurti Gurumaa's guidance, it has developed into a center that combines teaching, retreat life, devotional practice, social service, and digital outreach. [2][4][7] Its setting in Gannaur, Haryana, along with its regular

activities and accessible visitor services, makes it both a practical and inspiring place for seekers. [1][5]
*****

# About Mission Shakti run by the ashram:

Mission Shakti at Anandmurti Gurumaa's ashram is a humanitarian initiative focused on empowering under-privileged girls through education and life skills. The official Shakti page says it is non-sectarian, non-political, and non-discriminatory, and that it has been running under Gurumaa's guidance since 1999. [1]

**## Purpose**

Its main aim is to help girls lead a dignified life with financial independence and to realize their potential. The program was created to address gender bias and to support girls' education as a practical way of empowerment. [1]

**## Support Provided**

The official page says Mission Shakti gives scholarships to under-privileged girls so they can continue their education up to 12th standard. It also mentions support for essential life skills, which suggests that the program is not limited to fee assistance alone. [1]

**## Larger Social Vision**

The ashram's official material links Mission Shakti with Gurumaa's public stand against female foeticide and infanticide. In that sense, the initiative is both educational and social, aimed at changing attitudes as well as improving opportunity. [1]

**## Relation to the Ashram**

Mission Shakti is run under the larger umbrella of Rishi Chaitanya Trust, which the official page describes as a non-profit charitable organization established in 1997. The trust says its mission includes spiritual upliftment, residential retreat activities, and humanitarian work such as Mission Shakti. [1]

**## In simple terms**

So, Mission Shakti is the ashram's girls' empowerment and scholarship program. It is meant to help vulnerable girls complete schooling, build confidence, and move toward self-reliance. [1]

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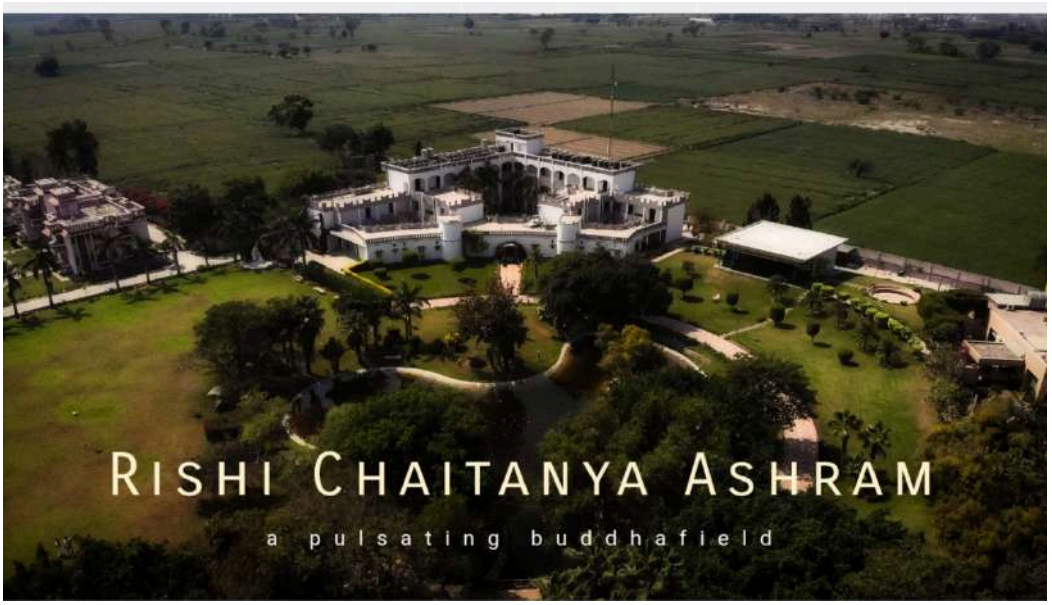
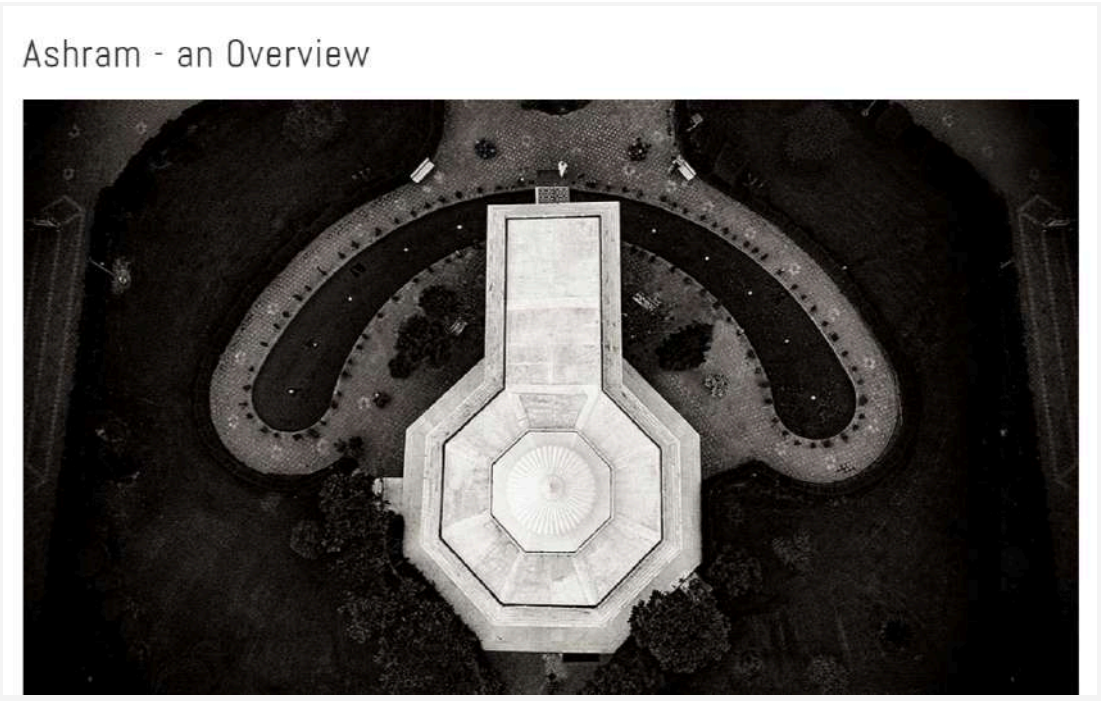
**Ref:** [gurumaa.com](gurumaa.com)




India is a land of rich heritage. Its cultural and architectural roots and traditions are a source of great national pride. One aspect, which perhaps, doesn't get as much global attention is its unique spiritual inheritance. This land of Vedas and sages has given us a distinctive legacy of passing on esoteric metaphysical knowledge of the ultimate truth, from generation to generation through the establishment called ashrams. These were designed for serious aspirants seeking absolute existence, seeking the highest plane of reality and wanting to know the actual purpose of human life.



Since prehistoric times ashrams have been imparting structured learning programmes where students learn and practise vital inner yogic sciences under the guidance of a living master. Continuing this glorious tradition is our ashram - Rishi Chaitanya Trust. Established in 1997, it is a non-government, non-profit charitable organisation. Under the guidance of revered master Anandmurti Gurumaa, its main mission is to provide dedicated services towards spiritual upliftment of the masses. The trust provides a residential retreat centre where various activities are held regularly in this regard and are open to all without any discrimination.

Besides this, the trust is very active in humanitarian activities like mission shakti aimed at empowering underprivileged girls by providing them with education and essential life skills that enable financial independence. As and when needed, the trust also provides ad hoc help for victims of natural disasters and calamities.

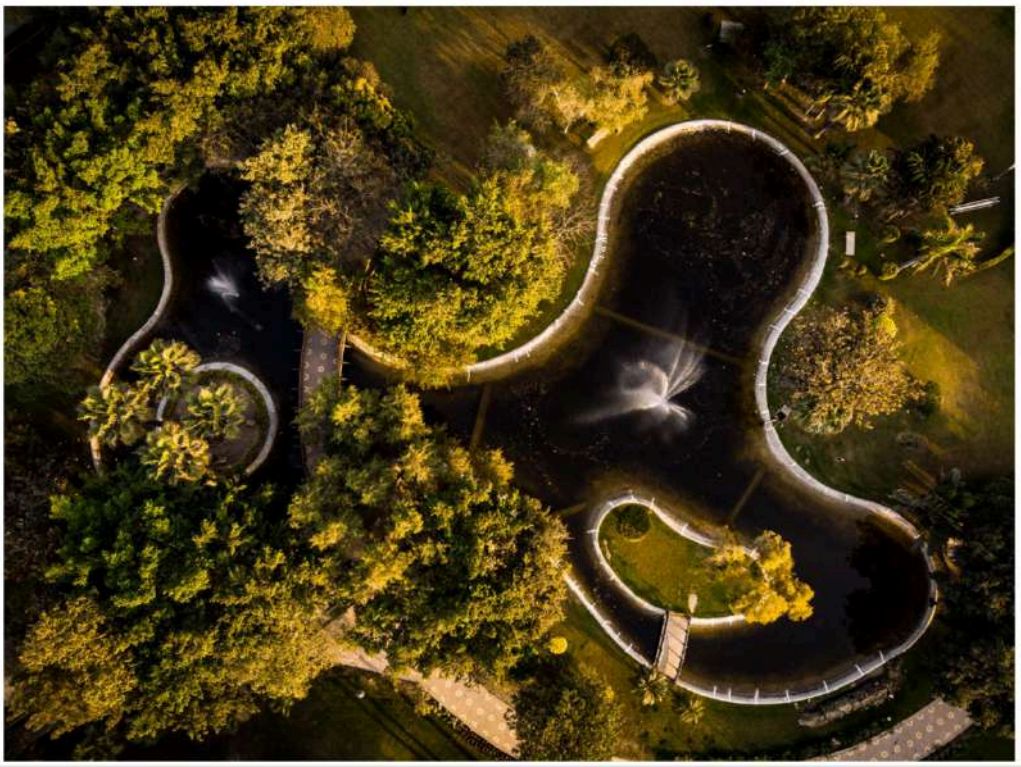
Charitable events like blood sharing camps, free health check ups of deprived populace residing in nearby villages is also an integral part of our mission. The master's dynamic vision ensures continual emergence of new activities and programmes which help in spreading our philanthropic wings in order to reach out to more and more destitute people.

The ashram is aesthetically designed to provide a perfect setting for both, serious seekers wanting to make a concerted effort towards their spiritual evolution and worldly folk seeking a sanctuary to unwind and take a breather from their frenetic lives. The ashram was founded on this very basis of providing a conducive environment for people to learn, practice and thus spiritually evolve under the guidance of a living master.

**How to Reach**

Tucked away in picturesque surroundings, the ashram is located in Ganaur district in the northern Indian state of Haryana. It is easily accessible by road, train or air. Delhi is the nearest domestic and international airport, around 60 kms away. Plenty of safe taxi transport is available from airport to ashram. Those wishing to come by train can disembark at Ganaur station and take a rickshaw which will get you here in 5 to 10 minutes.

## Grounds and Campus



Set amidst acres of luxuriant greenery, the ashram is a complex of several buildings linked by stretches of abundant leafy vegetation and tree lined boulevards. As one passes through the ashram gates, a beautiful temple pleasantly greets the eyes. It houses a strikingly captivating idol of Lord Shiva and just sitting by the side of the sanctum sanctorum imparts a profound sense of peace. This gives the visitor a taster of the boundless layers of tranquillity and joy that unfold as one breathes in the ashram air.

Life like sculptures of deities and sages are dotted around the campus adding to the spiritual ambience. Lush green grass and beautifully landscaped gardens are a sheer delight to the senses. A motley of kaleidoscopic perennials and seasonal blooms is seen throughout the ashram, painting it in eye-catching vibrant colours. And in spring times, the heart is further gladdened by the sight of butterflies making the most of the fragrant blossoms, fluttering from one flower to another.

Nestled in the foliage is a serene pond. Its unruffled waters shimmer in the gentle light of dawn and glimmer on a moon lit night. One can spend many a peaceful hour gazing and imbibing its stillness, and the mind readily enters a tranquil zone of effortless quietude.
Unsurprisingly, the prolific foliage attracts a variety of birds with over 30 migratory species chirping gaily all over the place. Bird watchers can spend happy hours catching sight of these fine feathered creatures.
The ashram has large areas dedicated to organic farming using natural manure. Seasonal grains and vegetables are all home grown. Fresh cabbages, cauliflower, tomatoes, leafy greens, beet, herbs etc ensure that inhabitants get vitamin rich, healthy organic food throughout the year. Seasonal fruits are obtained from in house fruit orchards. A garden of medicinal herbs, shrubs and trees is used to prepare Ayurvedic medicines.
Dairy too is in-house. A beaming bunch of healthy, happy cows generously share their organic milk with their two-legged friends! The master loves to feed them jaggery balls and they too eagerly await her arrival, swiftly lapping up the treats from her hands!

## Sacred Halls

There are four halls dedicated for yogic practices and discourses. Patanjali is a cosy hall lit with an ombré of amber hues, warm and sublime. Essentially used for swadhyaya and meditation it is vitally suitable to accommodate a small group of people.
Yoga asanas are practised in the Madhushala, housing the energy of spiritual practitioners learning asanas with great verve and zest.
Sambudh Sabhagaar is the meditation hall, aptly named to celebrate the potential for enlightenment within each and every one of us. The exquisite mural at the entrance depicts the Buddha seated with bhikshus, their serene faces a silent reminder to open the lotus of the heart. Such a charged, potent, compelling atmosphere has been created, for this is where intensive meditation retreats are conducted by the revered master, laying the foundation and inspiring one to awaken, in this very lifetime. This hall is also the venue for the revered master’s Sunday Darshan. Experience the reverberating silence, enjoy the sheer peace.
The largest hall, Saptarishi is named after the Seven Sages explicated in the ancient texts who have commenced the tradition of entrusting the vedic knowledge through the guru-shishya tradition. It is a structural highlight of the ashram. A grand yet elegant architecture, the building is a state-of-the art auditorium designed with a high ceiling, sophisticated technology and advanced sound system. The adjacent street lamp-lined promenade and the pretty hanging flower baskets give it an ethereal feel. And this looks even more appealing at night time.
It can comfortably seat around 4 thousand people. This is where most of the meditation retreats take place.

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## Accomodation

All residential dwellings are wholly equipped with upgraded modern amenities providing clean, well furnished, airy rooms available as single or double occupancy in refurbished buildings. You can also avail accommodation in any one of the three large well-maintained dormitories if you so wish (separate for men and women).
Booking rooms is at one's fingertips. It can be done online through the website, by telephone or in person. Office hours stretch from 10 am to 5 pm and related enquires can be resolved in the aforesaid period.

**Guest Amenities**

**Food**
Food is served in a large dining hall called Annapurna. Breakfast, lunch and dinner are served at set times. Before every meal, prayers are offered to the divine thanking him for his immense grace. People sit on the floor to eat but arrangements are in place for those who can't sit down. Food served is piping hot, vegetarian and is freshly prepared from locally grown organic produce.
It is nutritious and hygienically prepared in the adjoining kitchen. Food tends to be less spicy, less oily and less salty ensuring it is healthy and easy to digest. Menu keeps changing to maintain diversity. The evergreen and delicious khichdi though, remains popular not only with the infirm but is also appealing to healthy folk.
Every now and then, the master comes into the kitchen and dining area, at times not only cooking but also serving rotis to the pleasantly surprised diners. The ashram has large areas dedicated to organic farming using natural manure. Seasonal grains and vegetables are all home grown. Fresh cabbages, cauliflower, tomatoes, leafy greens, beet, herbs etc ensure that inhabitants get vitamin rich, healthy organic food throughout the year.

**Café**
In addition, there is a café cum convenience store in the ashram which sells basic essential commodities and serves hot drinks, fresh juices, fruits, savoury and sweet snacks. Delectable toasties and pasta are especially popular with the youngsters. So if you wish to have a moment in solitude sipping your Cappuccino, immersed in a deep state of introspection, café is the place for you.

**Shop**

Next to the café is the Ashram's shop Mandala - your resource house, offering you the latest releases to the oldest bhajans and discourses of the master. Pearls of wisdom; encapsulated in books, audios or videos offer a wide range of content that the revered master has elucidated. Besides, master's most captivating portraits are sure to leave you overwhelmed with divine love. Other paraphernalia like yoga accessories, essential oils, handmade body soaps for body rejuvenation and such like are also available.

**Contact Us**

Rishi Chaitanya Ashram, NH-1 Gannaur, Distt. Sonepat, (Haryana) - 131101
Phone: 0130-2216500, 2216501, 09896263821
Email: info@gurumaa.com

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**Videos**

Rishi Chaitanya Ashram…documentary (11 min):

https://youtu.be/kfKmVLYKhb8?si=XTRtZ45h7bMR5Tv7

Anandamurti Guru Maa (1.45 min):

https://youtu.be/51Cith87HMw?si=M2C9PdOclOcUR8ds

Rishi Chaitanya Ashram..FaceBook (11 min):

https://www.facebook.com/share/v/18VAwgoFjN/

First resident of Chaitanya Ashram (4 min):

https://youtu.be/RotVQ61SNjc?si=h6lqdthy0FjLawK6

Hridaya samvad with Anandamurti Guru Maa (1 hr 24 min):

https://youtu.be/PXw6dff87SQ?si=N5RnDGx9jhSs-0Ds

Cause of human suffering and pain, and remedy (11 min):

https://www.facebook.com/share/v/19WPFam1Wo/

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**Note: At the end of this ebook, two pages are included (see below), giving (I) Author info, and (ii) a master link and QR code to download all my Technical (viz. Thermodynamics, Heat Transfer, and Cryogenic Engineering) ebooks plus Spiritual ebooks, stored in archive.org.**

**About the Author**

Dr. M. Thirumaleshwar is a Mechanical Engineer with specialization in Cryogenics. He obtained his B. E. In Mechanical Engineering from Karnataka Regional Engg College, (Now NITK), Surathkal, India and M.Sc. in Cryogenics from the University of Southampton, U.K., and Ph.D. from the Indian Institute of Science (IISc), Bangalore.

He has worked in prestigious organizations such as BARC, Bombay and Centre for Advanced Technology (CAT), Indore,as Head of Cryogenics Dept and contributed to the design of cryogenic systems, including the Thermovac chamber for ISRO, Bangalore.

He was also a visiting fellow at Superconducting Super Collider Project, at Texas, USA.

He has also served as Professor, Head of Department, and Principal in reputed engineering institutions.

Dr. Thirumaleshwar has authored a large number of FREE ebooks on Engineering subjects such as Thermodynamics, Heat Transfer, and Cryogenic Engineering, which are useful for students and teachers.

Driven by a deep interest in India's spiritual heritage, he has also authored many FREE ebooks on Temples, Saints, Gurus, and Vedic topics, with the aim of preserving and spreading this knowledge to future generations.

All his ebooks are available for free download at Archive.org.

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**Dr. M. Thirumaleshwar**
**August 25, 2026**

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